**Student Medical Plan Information for Parents**

When enrolling at Mildura Senior College and at the commencement of year, a request for updated first aid information will be sent to students who had a Medical Form in the prior year, including requests for any management plans, high priority medical forms, and reminders to parents of the policies and practices used by the school to manage first aid, illnesses and medications throughout the year.

Section 1: **Anaphylactic Students**

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. The most common allergens in school aged children are peanuts, eggs, tree nuts (e.g. cashews), cow’s milk, fish and shellfish, wheat, soy, sesame, latex, certain insect stings and medication.

The key to prevention of anaphylaxis in schools is knowledge of those students who have been diagnosed at risk, awareness of triggers (allergens), and prevention of exposure to these triggers.

To ensure the best management of this condition, we request that you supply the school with a copy of an anaphylaxis action plans. These plans can be found on the link below and must be completed by a medical practitioner.

<https://www.allergy.org.au/images/stories/anaphylaxis/2023/ASCIA_Action_Plan_Anaphylaxis_Red_EpiPen_2023.pdf>

<https://www.allergy.org.au/images/stories/anaphylaxis/2023/ASCIA_Action_Plan_Anaphylaxis_Red_Anapen_2023.pdf>

**Allergy Students**

An Allergy occurs when a person's immune system reacts to substances in the environment that are harmless for most people. These substances are known as allergens and are found in foods, insects, some medicines, house dust mites, pets, and pollen.

To ensure schools are able to manage students with mild to moderate allergies, Students should have an ASCIA Action Plan for Allergic Reactions (green plan).

The ASCIA Action Plan for Allergic Reactions (green plan) should not be used for conditions such as allergic rhinitis (hay fever) or eczema which are managed mainly in the home environment by parents/guardians.

Students who have an ASCIA Action Plan for Anaphylaxis and a prescribed adrenaline autoinjector should NOT also have an ASCIA Action Plan for Allergic Reactions if they have some milder allergies as well as severe allergy - these will be included in the Action Plan for Anaphylaxis.

<https://www.allergy.org.au/images/stories/anaphylaxis/2023/ASCIA_Action_Plan_Allergic_Reactions_Green_2023.pdf>

**Asthma Students**

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a ‘flare-up’. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. This makes it harder to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack. Parents must provide the school with an Asthma Action Plan completed by the student’s medical practitioner. The plan must outline the students known triggers and the emergency procedures to be taken in the event of an asthma flare-up or attack.

The Asthma Action Plan for Victorian schools should be completed/reviewed annually for each student with asthma.

<https://asthma.org.au/wp-content/uploads/2022/12/AA2023_Asthma-Action-Plan-A4_v19_colour_editable.pdf>

**Diabetic students**

Upon enrolment or when a health care need is identified, schools in conjunction with parents/carers and the treating medical team are required to develop a clear and tailored health management plan to support the student’s individual health care needs.

Diabetes Management Plans, Action Plans and companion documents can be obtained from Diabetes Victoria. They must be completed and signed by the hospital treating team responsible for the student’s diabetes care before being presented to the school by the student’s parents/carers,

<https://www.diabetesvic.org.au/how-we-help-detail?tags=Left-Mega-Nav%2FSchools&content_id=a1R0o00000NQrD4EAL&bdc=1>

**Epileptic students**

**Epileptic seizures** are caused by a sudden burst of excess electrical activity in the brain resulting in a temporary disruption in the normal messages passing between brain cells. Seizures can involve loss of consciousness, a range of unusual movements, odd feelings and sensations or changed behaviour. **Non-epileptic seizures (NES),**also known as 'dissociative seizures'. There are two types of non-epileptic seizures:

* organic NES which have a physical cause
* psychogenic NES which are caused by mental or emotional processes.
* **Seizure triggers** is a term used to describe known circumstances where the individual may have an increased likelihood of having a seizure. Seizure triggers are unique to the person and are not always known. Common seizure triggers can include stress, lack of sleep, heat, illness or missed medication.

Schools are required to ensure appropriate health and management plans are in place for students with epilepsy. For each student diagnosed with epilepsy, schools must have a current written: Epilepsy Management Plan - signed by a doctor and provided to the school by the student’s parents/carers.

<https://epilepsyfoundation.org.au/understanding-epilepsy/epilepsy-and-seizure-management-tools/epilepsy-plans/>